

A method for decoding time data comprising
decoding an encoded bit stream in units of one frame to
generate decoded video data and a plurality of decoded
5 header information items for each frame, detecting the
time data included in each of the header information
items, and determining identical time data which define
identical points of time and are detected from at least
two of the header information items as frame time data
10 determining the point of time for outputting the
decoded frame.